



IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Applicant: Stearns  
Serial No. 10/092,371  
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Title: EXERCISE METHODS AND APPARATUS

Certificate of Mailing

I hereby certify that this PRELIMINARY AMENDMENT is being deposited with the United States Postal Service as First Class mail, postage prepaid, in an envelope addressed to Assistant Commissioner for Patents, Attn: Box Missing Parts, Washington, D.C. 20231, on this 3rd day of July, 2002.

MAKUL  
Mark A. Krull

Assistant Commissioner for Patents  
Attn: Box Missing Parts  
Washington, D.C. 20231

PRELIMINARY AMENDMENT

Dear Sir:

Introduction

Please enter the following amendment prior to examination on the merits.

In the specification

After the title of the invention on page 1 of the specification, please add the following section:

Cross-Reference to Related Applications

This is a continuation of U.S. Patent Application Serial No. 09/664,666, filed on September 19, 2000 (now U.S. Pat. No. 6,368,252), which in turn, is a continuation of U.S. Patent Application Serial No. 09/167,688, filed on October 7, 1998 (now U.S. Pat. No. 6,152,859), which in turn, is entitled to the filing date of U.S. Provisional Serial No. 60/061,389, filed on October 7, 1997.